



with Dana Grindal and Laura Gallier

FearlessAndFreeCommunity.com

PODCAST EPISODE 54
Help My Family Flourish - Part 2
Connection

PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts or memories as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection.

1. **In this episode we discussed helping our families flourish in the aspect of connection. We can communicate information, but if we are not intentional, we will miss connecting at a deeper level.**
 - a. In what ways is your family intentional to make time to communicate?
 - b. In what ways is your family intentional to tell the other family members their value?
 - c. How often does this happen?
 - d. Is there freedom in your family to share your heart with one another, without fear of being made fun of?
 - e. If not, what would it take to make a safe space to share?
 - f. Take time to prayerfully consider your answers.

2. **How did you relate to building family connections through written letters?**
 - a. With your children?
 - b. With your parents?
 - c. With your siblings?
 - d. With your spouse?
 - e. Take a moment to reflect on your answers.
 - f. If there are any of these relationships that are strained, consider pausing here to pray about your heart towards those family members.

3. **Creating deeper family relationships can happen over time with intentionally blessing the others. As modeled in *The Family Letter* by Debi Ronca:**
 - a. The purpose is to build up one another.
 - b. Bless and not put down.

- c. Show grace for each other. If you don't have grace, ask the Lord for it, remembering how much grace He shows you.
 - d. Be authentic. Flattery, mockery, or exaggerations do not bless.
 - e. Learning to give blessings is just as important as learning to receive them. Relationships are two-way!
4. **Where to start?**
- a. If blessing is new to you, it can seem overwhelming.
 - b. Start small. Write a short note.
 - c. Our Heavenly Father is a God who blesses. If you need help, ask Him.
 - d. Consider praying: *Lord, thank You for my family. You have placed me in this family on purpose. Thank You for the ways they have blessed me. Thank You for the ways they have challenged me. Help me to forgive the ways they have hurt me. Help me to see them as You do. Show me how to respond to what You have highlighted in my life today. Give me the words to say and the opportunity to share them. Help my family to flourish. In Jesus' name, amen!*

Death and life are in the power of the tongue .

Proverbs 18:21

Video-based "I Am Worthy" parent-child affirmations are available at
WorthyProgram.com

For more on healing from childhood loss and trauma, our Free to Be Me course is available at
FearlessAndFreeCommunity.com

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at
FearlessAndFreeCommunity.com/Saving-Faith**

